

Triple Berry Crumble

For a special treat, top this crisp with a small scoop of vanilla frozen yogurt.



Typically, fruit crisps are made with excess butter and sugar. This recipe loads up on the fruit, but uses less sugar and a heart-healthy trans fat-free spread instead of butter. The oats add an extra nutritional boost.

Ingredients:

- 1 1/2 cups fresh or frozen blackberries
- 1 1/2 cups fresh or frozen raspberries
- 1 1/2 cups fresh or frozen blueberries
- 2 Tablespoons white sugar
- 2/3 cup all-purpose flour (or whole-wheat pastry flour)
- 2/3 cup rolled oats
- 1/3 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 cup trans fat-free margarine
- Cooking spray

Preparation:

Preheat oven to 350 degrees F. In a large bowl, toss together the berries and sugar; set aside.

In a separate large bowl, combine flour, oats, brown sugar, cinnamon and nutmeg. Cut in margarine with a fork or pastry cutter until crumbly. Spray the bottom of a 9 x 13-inch pan with cooking spray and pour the berries into the bottom. Sprinkle the crumble mixture over the berries.

Bake for 30 to 40 minutes, or until the fruit is bubbly and the topping is golden brown. Serve warm.

Nutrition Facts

Yield 18 servings

Amount Per Serving

Calories 151

Fat 6g

Saturated fat 1g

Cholesterol 0mg

Protein 2g

Carbohydrate 23g

Fiber 3g

Sodium 61g

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